



# 11. Kristall-Marathon

Merkers / 12.02.2017

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**MARZIAN, Manuela**

□□: Linnich

□□: 268

□□: 22.75 km

Halbmarathon

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 2:12:03

□□: 10.00 km/h

□□□□: 5:48 min/km

□□□□□/□□□: 77 (of 149)

□□□□□/□: 11 (of 35)

□□□□□□: 1:49:12

□□□□□: 4(of 10)

□□□□□□□: 1:58:21

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□□□□

□□□

| □□□    | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1   | 3.25     | 17:20    | 5:19         | 4       | 1:26    | 13      | 2:53    | 3.25  | 17:20     | 5:19      | 4             | 1:26    | 13      | 2:53    |         |
| □□ 2   | 3.25     | 18:10    | 5:35         | 3       | 1:36    | 11      | 3:22    | 6.50  | 35:30     | 5:27      | 4             | 3:02    | 12      | 6:15    |         |
| □□ 3   | 3.25     | 18:58    | 5:50         | 5       | 1:50    | 13      | 3:41    | 9.75  | 54:28     | 5:35      | 4             | 4:52    | 12      | 9:56    |         |
| □□ 4   | 3.25     | 19:17    | 5:56         | 4       | 2:21    | 11      | 3:37    | 13.00 | 1:13:45   | 5:40      | 5             | 7:13    | 12      | 13:33   |         |
| □□ 5   | 3.25     | 19:48    | 6:05         | 4       | 2:27    | 13      | 3:43    | 16.25 | 1:33:33   | 5:45      | 5             | 9:40    | 12      | 17:16   |         |
| □□ 6   | 3.25     | 19:41    | 6:03         | 4       | 2:13    | 11      | 3:51    | 19.50 | 1:53:14   | 5:48      | 4             | 11:53   | 11      | 20:44   |         |
| □□□ □□ | 3.25     | 18:49    | 5:47         | 3       | 1:49    | 9       | 2:52    | 22.75 | 2:12:03   | 5:48      | 4             | 13:42   | 11      | 22:51   |         |